

**Welsh Athletics #Unite Youth Development**

**Coaching Conference 2021**

We want you to make the most out of the conference, use the boxes below to capture thoughts from the day, or to set yourself some achievable goals.

Use these boxes to capture your personal goals.

*1 thing I have learnt today. . .*

*1 thing I will do less of following today. . .*

*1 thing I will start to do following today. . .*

*1 thing I will continue to do following today. . .*

Use these boxes to capture 2 things you will take back to your club and action.

*Action 1*

*Action 2*

Please use the rest of this page to make any notes.